

**MOTION BY CHAIR HILDA L. SOLIS**

July 19, 2016

**MAKING STRIDES AGAINST BREAST CANCER LOS ANGELES WALK**

The 2016 *Making Strides Against Breast Cancer Los Angeles* walk is a non-competitive 5K walk to support breast cancer research, comprehensive support for breast cancer patients and families, and education and prevention efforts toward reducing breast cancer risk, such as early detection.

The annual Making Strides LA walk, hosted by the American Cancer Society, is an opportunity for people to improve their health by walking, as well as raise funds to help in the fight against breast cancer. In LA County, breast cancer is the second-leading cause of premature death among women, and it is expected that more than 6,000 cases of breast cancer will be diagnosed this year.

The Making Strides LA walk will be held this year on Saturday, October 15, 2016, at Microsoft Square at L.A. Live. There is no registration fee for this event.

The Los Angeles County Department of Public Health, Office of Women's Health is coordinating a Los Angeles County Making Strides team for the second year. Several County departments will join this year's walk and County departments' wellness coordinators will be asked to disseminate information and encourage colleagues to support and participate in this event.

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**MOTION**

RIDLEY-THOMAS \_\_\_\_\_

KUEHL \_\_\_\_\_

KNABE \_\_\_\_\_

ANTONOVICH \_\_\_\_\_

SOLIS \_\_\_\_\_

July 19, 2016

Motion by Chair Hilda L. Solis

*Making Strides Against Breast Cancer Los Angeles Walk*

Because so many of us have been touched by breast cancer in our families and circles of friends, and because the American Cancer Society's *Making Strides Against Breast Cancer Los Angeles* walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

**I, THEREFORE, MOVE** that the Board of Supervisors take the following actions:

1. Direct every County department to support the *Making Strides Against Breast Cancer Los Angeles* walk on Saturday, October 15, 2016, by registering and supporting fundraising efforts;
2. Direct the County Departments' Public Information Officers to promote and distribute materials related to the *Making Strides Against Breast Cancer Los Angeles* walk;
3. Direct all County Departments' wellness coordinators to promote the 2016 *Making Strides Against Breast Cancer Los Angeles* walk and encourage colleagues to participate and support it;
4. Proclaim the month of October as "Breast Cancer Awareness Month" to encourage women to follow recommended guidelines for breast cancer screening and follow-up; know their family history of breast cancer; maintain a healthy weight; eat a healthy diet rich in vegetables, fruits, and whole grains; make time to be physically active every day with their children, partner, pet, friends, or on their own; and limit alcohol consumption.

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